



### Ear Care Guidance

- Wax is normal – it protects and lubricates the ear canal.
- It is a mixture of cerumen (a sweat-like substance) and sebum (an oily substance) both secreted by glands in your ear canal which combines with dust, debris, hair etc to form ear wax. It is normal to have ear wax and it only usually becomes a problem when it has been pushed deeper into the ear canal.
- Your ears are self-cleaning – if you use cotton wool buds or similar objects to try to remove the wax, it will only be pushed further into the ear canal and become impacted and block the ear.
- If you have repeated problems with wax blocking your ears, using olive oil drops – 2 drops once a week may prevent this.
- If you have ear problems such as dry skin, eczema, dermatitis, “runny ears”, you will find keeping your ears dry will improve the condition. Avoid getting shampoo, shower gel and hairspray etc in your ears.
- The easiest way to keep your ears dry when bathing or showering is by using ear plugs or a piece of cotton wool smeared with Vaseline

### How to Apply Ear Drops Effectively

- Lie down on your side with the affected ear upwards
- Gently pull the outer ear upwards and outwards. Using room temperature olive oil drop 1-2 drops into the ear canal and gently massage the front of the ear.
- Remain lying down for 10 minutes and then wipe away excess oil. **DO NOT PUT COTTON WOOL IN THE EAR** as this will absorb all the oil.
- Repeat the procedure with the opposite ear if required

### Which Ear Drops Should I Use?

Popular over the counter ear drops are:

**CERUMOL** – softens the wax (contains peanut oil, do not use if you have a nut allergy)

**OLIVE OIL** – softens wax

**OTEX** – aids removal of hard wax – contains hydrogen peroxide

**EXTEROL** – aids removal of wax – contains hydrogen peroxide

**Always read the advice and instructions of any product before use**

There are special suction devices that can be purchased at larger pharmacies that vacuum the wax out of the ear canal, please seek advice from the pharmacist regarding their suitability.

Private Ear Syringing Service

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